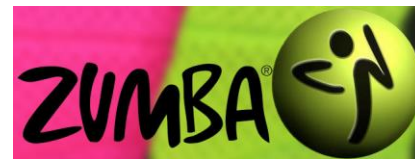




Zumba Classes



CLASS INFORMATION:

Zumba: Perfect For everybody and everybody! Each Zumba® class is designed to bring people together to sweat it on.

How It Works: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Benefits: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Zumba Gold: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

How It Works: The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

INSTRUCTOR: Courtney has been taking Zumba for almost 5 years. She currently teaches Zumba at the YMCA of Strafford County (Rochester) and at Phillips Exeter Academy for the Be Well Exeter program. She also teaches Aqua Zumba at the Granite YMCA (Manchester). She is an AFAA-certified group exercise instructor and personal trainer specializing in community-based plus size fitness! Courtney is also an avid yogi, obstacle course racer, powerlifter, and CrossFitter.

REGISTRATION: Pre-registration is suggested (space is Limited)

Registration is open to Exeter and surrounding towns, on a first-come, first-served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, mail or fax. (3) Minimum, (20) maximum.

LOCATION: Classes will be held in the Upstairs Large Room at the Exeter Recreation Building, 32 Court Street, Exeter, NH.

Wednesday's, January 4 th – February 22, 2017			
Class (6-Weeks)	Time	Fee	Class Code
Zumba Gold	2:00pm – 3:00pm	Free	154900-1C
Zumba	3:00pm – 4:00pm	Free	154900-1D

EXETER PARKS & RECREATION DEPARTMENT

32 Court Street, Exeter, NH 03833

Phone: 773-6151, Fax: 773-6152

Website: <http://exeternh.gov/recreation>

Business Hours: Monday-Friday, 8:15am-4:15pm